

Thursday, February 1, 2024 - Distance Workout			
Yards	Time	Set	Interval
1000	18	Warm up: 300 swim 100 kick 300 FRIM 100 kick 4 x 50 negative split odds: easy/moderate evens: moderate/fast	R:20  1:00
900	20	Pre set (2 rounds): 6 x 50 Fly kick (streamline on back) 2 x 75 Free (4+ UW each wall) <i>extra :30 rest between rounds</i>	1:00/1:10/1:20 1:10/1:20/1:30
2400	38	Main set: 600 Free (alt. 25 moderate w/50 @ 200 pace) 4 x 100 Free D 1-4 <i>extra :30 rest</i>  400 Free (alt. 25 moderate w/ 75 @ 200 pace) 4 x 100 Free D 1-4 <i>extra :30 rest</i>  200 Free (50 Build, 150 fast*) <i>*focus on that 2nd and 3rd 50, but bring it home on the 4th 50 too!</i> 4 x 100 Free D 1-4	9:00 1:30/1:40/1:50  6:00 1:25/1:35/1:45  3:00 1:20/1:30/1:40
200	4	Warm down: 8 x 25 easy Free 4/3/2/1 BPL	R:10
4500	80		